NAMI returns to the nation’s capital for its 2014 national convention!

Having the NAMI National Convention in Washington, D.C. affords NAMI advocates the chance to educate their Congressional delegations about issues related to mental illness. Two thousand grassroots activists will meet face-to-face with our nation's policymakers to demand change to our nation's mental health care system.

The 2014 NAMI National Convention will feature:

- Top-notch researchers and clinicians providing information and tools to advance and sustain recovery from mental illness.
- An opportunity to meet with your legislators during advocacy visits on Capitol Hill.
- People living with mental illness and their families providing their own important perspectives on recovery.
- The country's keenest minds and savviest policymakers offering strategies and tactics to effectively advocate for changing the mental health system in our nation.
- Abundant networking opportunities enabling us to learn from each other about how to improve the lives of all people living with mental illness and their families.
- Inspiration, innovation and an exhilarating four days in the nation's capital.

You can register by going to the following site: [http://www.nami.org/template.cfm?section=convention](http://www.nami.org/template.cfm?section=convention)
NEWS AND NOTES FROM THE EXECUTIVE DIRECTOR – WINTER TO SPRING

GREATER CLEVELAND UPDATES

Comings and Goings, Changes, Additions, and Get Well Wishes

Newest Board Members
At our March 18th Board Meeting, Board Directors’ unanimously elected two new members to the board.

Sakeenah Francis has been a member of the NAMI Cleveland Speaker’s Bureau and In Our Own Voice program since 2008. She is also a regular contributor within our Hospital Network Program, which makes visits to patients at hospital psychiatric units. Sakeenah was a part of the planning team that helped develop our 3-year Strategic Plan and is a member of the Multicultural Outreach Committee.

Ms. Francis writes, “It’s not what happens to you, it’s what you do after it happens.” Regarding people affected by mental illness she says, “Don’t count us out. You can never tell what we can do.”

Sakeenah writes in her application about her interest in being a member of the NAMI GC Board: “To give [a] consumer perspective-To increase multicultural members-To help groups with care giving.”

Best Wishes for a Speedy Recovery
Get well wishes go out to Kathleen Stock, NAMI GC Board President. We have missed her and will keep her in our thoughts as she continues to make progress.

Marsha Mitchell-Blanks Named Program Director
I am pleased to announce that Marsha Mitchell-Blanks has accepted the position of Program Director at NAMI Greater Cleveland. Ms. Blanks has been the Multicultural Outreach Coordinator since 2008 and has done a great job in developing mental health programming in the African American and Hispanic communities of Cleveland. Marsha is a Licensed Social Worker, with a Master’s Degree in Social Work from Cleveland State University, is on the faculty of CSU School of Social Work, and has been an Executive Director at St. Martin de Porres Family Center and Director of Program Planning at Catholic Charities of Cleveland. She will have oversight for program operations including planning and development, evaluation, and management of Self Help/Peer Support, Mental Health Education and Referral and Information programs. I am looking forward to working with Marsha in this new capacity.

Strategic Plan 2014-2017
The Planning team met on March 4 to approve detailed action steps, a timeline and benchmarks that follow from the goals and objectives that were developed in regards to our 2014-17 Strategic Plan. The board approved the draft version at the board meeting on March 18. The plan is available for your review and will be posted on the NAMI GC website in the near future. Board Directors will monitor the plan by reviewing progress at each board meeting.

New to this issue, we will begin highlighting programs made possible by our generous donors.

NAMI GC 2013 Annual Report
The report is designed by Chuck Mosberger from Design Wyse and will be published in time for the Annual Meeting on April 24. The cover and back page are taken from a painting by Hayley Kotton, a volunteer at NAMI GC.

NAMI OHIO UPDATES

Northeast Ohio Mental Health Appreciation Reception hosted by NAMI Ohio
Approximately 200 individuals representing over 30 mental health organizations attended the NAMI Ohio Provider Appreciation Reception at the Hilton Doubletree Inn in Beachwood. It was a wonderful way to recognize our partner organizations who serve NAMI families so well, and good to be with our NAMI
neighbor affiliates from around the state as well as the NAMI Ohio staff. Awards were given to people we know well, including the following individuals:

**2014 Herb Reisenfeld Hall of Fame Inductees:** Harvey & Lois Snider

**Appreciation Award**
Gloria Tews, NAMI Medina County

**Appreciation Award**
Chris Morgan & Chris Morgan, Jr., Magnolia Clubhouse

**Appreciation Award**
Tracy Plouck, Director, Ohio Department of Mental Health & Addiction Services

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**NAMI OHIO AFFILIATE RETREAT**
On May 16 – 17, 2014, several NAMI Cleveland staff and volunteers will participate in NAMI OHIO’s AFFILIATE RETREAT at Mohican Lodge and Conference Center.

**Topics will include:**
- Membership development & retention
- Fundraising/Grantwriting
- Standards of Excellence
- Reducing Stigma
- Marketing

We will report on what information our staff brings back in the Summer edition of *The Voice.*

**Have a wonderful Spring Season!**

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**Community Fundraising**

Thank you to our friends at **Staffing Solutions Enterprises** in Mayfield Hts., who raised money for our 2014 NAMIWalks by holding a Dress Down day. Their generous contribution makes a difference in the lives of individuals with mental illness and their families.

We are so grateful to **St. Peter’s Episcopal Church** in Lakewood, for selecting NAMI GC for their April Outreach organization. In addition to receiving their special collection, information on mental illness and NAMI GC were featured on a bulletin board and in their newsletter. We spoke about NAMI GC support, education, advocacy and resources at their Sunday services, too. We thank St. Peter’s for including NAMI GC in their outreach efforts. www.stpeterslakewood.org

NAMI Benefit Sweatshirt Sale. Thank you to the **Connections Experience Team** for donating $8 to NAMI GC for each hoodie sold! Employees were urged to “show their pride for your agency (Connections) and for the work that you do here and purchase a first ever Connections hoodie!”

Is your company or department interested in hosting a fundraiser for NAMI GC? Dress down days, bake sales, car washes and change wars are just a few of the simple yet effective ways to support NAMI GC. For more information or other ideas, please contact Lisa Dellaflora, Development/Special Events Coordinator at 216-875-0266 or ldellaflora@namicleveland.org.

**NAMI Greater Cleveland Medical Board member, Patrick Runnels M.D. named as an Exemplary Psychiatrist.**

Congratulations to Patrick Runnels, M.D., NAMI Ohio Board Member and NAMI Greater Cleveland Medical Advisory Board Member. Dr. Runnels is one of 23 doctors, being honored by NAMI at the American Psychiatric Association’s (APA) annual conference on May 4, 2014, for their commitment to providing excellent medical care.

“NAMI is grateful to these psychiatrists for their dedication in helping individuals living with mental illness,” said NAMI Executive Director Mary Giliberti. “They stand out in their communities and deserve national recognition.”

NAMI State Organizations or NAMI Affiliates nominate each year’s honorees. Dr. Runnels is Program Director of Community Psychiatry at University Hospitals Case Medical Center and Assistant Professor of Psychiatry at CWRU School of Medicine.
NAMI GC Annual Meeting

NAMI GC held its Annual Meeting on Thursday, April 24, 2014 at Aloft Cleveland Downtown. More than 200 gathered to recognize our 2013 award recipients and learn more about NAMI GC’s annual accomplishments.

Guests were moved by a presentation made by our guest speaker Wayne B. Drash, Staff writer and Senior Producer for CNN.com. Mr. Drash shared insights into his online article “My Son is Mentally Ill So Listen Up,” one mother’s quest to keep pediatric mental illness in the news. Mr. Drash is committed to making the topic of mental illness part of his regular beat.

Congratulations to our 2013 Award Recipients!

The Scott Adamson Memorial Peer Award
Ben Seeley, Speakers Bureau Volunteer

Mental Health Family/Caregiver Award
Loretta Daws, Support Group Leader

Mental Health Provider Award
Jennifer Kruse, Executive Director, Living Miracles Peer Empowerment Center

Eugene Brudno Memorial Organization Award
Cleveland Center for Eating Disorders

Cultural Competence in Mental Health Award
Ron Robinson, LSW, Case Manager/Therapist
Beech Brook

Gold
Cityview Nursing & Rehabilitation Centers
Cleveland Clinic Center for Behavioral Health
Connections: Health · Wellness · Advocacy
EY
Kaufman Container
University Hospitals

Silver
Cleveland Center for Eating Disorders
Discovery and Wellness Center for Children: Department of Psychiatry at UHCMC
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Thank you to our Annual Meeting Sponsors!
If you have a friend or family member who is being treated for schizophrenia and is still struggling to learn or remember information, he or she may be eligible for the Cognitiv medical research study. The Cognitiv study is evaluating an experimental add-on drug that is taken with a patient’s current medication and may help with concentration. Your friend or family member will continue taking their regular medication while in the study, and will not be asked to change or stop taking their medication at any time.

To pre-qualify for this study, your friend or family member must:

- Be 18-50 years of age
- Be medically diagnosed with schizophrenia for at least 3 years
- Be receiving a stable dose of an antipsychotic drug (other than clozapine) for at least 8 weeks prior to the study
- Reside in a stable living situation and have someone who can provide information about himself or herself to study doctors and staff members

All study-related visits, tests, and study drug will be provided to participants at no cost. In addition, reimbursement for study-related time and travel may be provided.

To learn more about this study, please contact:

Jennifer @ Insight Clinical Trials LLC
216-526-1843
NAMI Statement: The Fort Hood Tragedy

ARLINGTON, Va., April 4, 2014 /PRNewswire-USNewswire/ — Mary Giliberti, executive director of the National Alliance on Mental Illness (NAMI) has issued the following statement:

"NAMI shares the nation’s sadness over Wednesday’s tragedy at Fort Hood, Texas. NAMI is an organization of individuals and families, including military service members and veterans, who have had their lives deeply affected by mental illness. We extend our sympathies to the families of those who lost their lives or were wounded. We also are sorry for the pain experienced by the family of the person responsible.

When tragedies occur, clear facts emerge slowly. However, the immediate focus on mental health conditions often adds to the stigma that surrounds them. This result would be particularly tragic for our nation’s warriors and veterans.

NAMI has repeatedly called for action to erase the stigma of seeking help for mental health problems – especially in military communities, where the culture often motivates soldiers to conceal mental illness because it is seen as a weakness, rather than a medical condition like any other. Strong leadership and accountability will be needed now more than ever to convey and implement a message of parity: that mental wounds are as serious as physical ones and will receive the same compassion and care.

Every day, one active duty warrior and 22 veterans die from suicide. Their deaths represent a national crisis. We must not allow the Fort Hood tragedy to increase stigma that already exists or discourage others from reaching out for help when they need it. NAMI will continue to advocate for parity, accountability, collaboration and action for all our warriors and veterans with mental health needs."

NAMI Walks

Saturday, September 20, 2014
Voinovich Park

Be An Individual Walker
Perfect if:
• You prefer solo fundraising.
• Have moved away from Cleveland but still want to support virtually by raising donations for this community.

Join A Team
Perfect if:
• You want to fund raise with friends and family.
• You want to walk under the name of your supportive organization or business.

Be A Team Captain
Perfect if:
• You are passionate about motivating your team and want to see them succeed!

Be A Sponsor
Perfect if:
• Your business or organization wants to support all the great services and programs NAMI GC has to offer!
Like Cleveland Clinic Center for Behavioral Health, University Hospitals, Daugherty Construction and TCP, Inc.

All proceeds benefit NAMI Greater Cleveland programs.
Contact Lisa Dellafiora for more information at ldellafiora@namicleveland.org or at 216-875-0266
NAMI Greater Cleveland
2012 West 25th Street, #600 • Cleveland, OH 44113
Conveniently located in YOUR NEIGHBORHOOD

Comprehensive mental health services for children and adults
Including case management, counseling & medication management

Schedule an appointment online or by phone today!

216-283-4400
MurtisTaylor.org

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Cleveland, OH 44120

Downtown Office
3010 Project Avenue
Cleveland, OH 44115

Northeast Suburban Office
16005 Terrace Road
East Cleveland, OH 44112

Kathryn R. Tyler Campus
900 East 105th Street
Cleveland, OH 44108

West Side Office
9500 Detroit Avenue
Cleveland, OH 44102

West Side Office
3167 Fulton Road
Cleveland, OH 44109

Lakewood Community Services Center
14230 Madison Avenue
Lakewood, Ohio 44107

In addition to available translation service, we have clinical professionals who speak a variety of languages.

We Speak English
Мы говорим на русском
Hablamos Español
Chúng tôi nói tiếng Tây Ban Nha
我們會講粵語
我們會講國語
نهิิ้ง ฮิ่ง คังกว่าง

Murtis Taylor
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Celebrating 65 Years of Providing Human Services.
Community Events

Community Education Night
Wednesday, June 25, 2014 6:30 p.m.
Janet Lowder, Esq. from the law firm of Hickman & Lowder will discuss Probate & Guardianship
ADAMHS Board of Cuyahoga County
2012 W. 25 St., 6th floor, Cuyahoga Room
Refreshments will be served.
This program is free and open to the public, but registration requested. To register, call the NAMI Office, 216-875-7776 or email eriehm@namicleveland.org

Book Review
What I had Before I had You by Sarah Cornwell
This is a beautifully written story of three generations of mental illness. The author does a great job of portraying the impact of bi-polar disorder on Olivia, the main character as well as her mother Myla and newly diagnosed nine-year-old son, Daniel. Daniel’s disappearance in the beginning of the novel starts a flood of memories for Olivia about growing up with a mother who has bi-polar. The story is vividly told and compelling. The author’s descriptions bring us to the heart of the characters’ experiences. I loved reading it and was sorry when it ended. I will look forward to more from Sarah Cornwell!
Contributed by Jane Arnoff-Logsdon, Volunteer Coordinator

Suffering from depression?
Register for our clinical trial
Young adults, Ages 15-30

Volunteers will receive:
- MRI imaging
- Patients with depression – Optional selective serotonin reuptake inhibitor (SSRI) therapy for up to two years
- Bipolar and healthy volunteers – Followed via telephone every three months for two years

Volunteers must have:
- Depression or bipolar disorder (currently depressed)
- Not be on any neuroleptics, mood stabilizers, benzodiazepines or antidepressants in the last two weeks
- Healthy volunteers also needed

Volunteers will be compensated for their participation. For more information, please contact 216.445.2378 or moodres@ccf.org.

Peer-to-Peer
A 10 Week course for any person with a mental illness diagnosis, who’s interested in establishing and maintaining wellness. A NAMI Signature Education Course, presented by trained “mentors” or peer teachers.

Wed. Jun 4 - Aug 6, 6:30-8:30 p.m.
Cleveland Clinic Strongsville Family Center

Wed. Aug 6 - Oct 8, 2 - 4 p.m.
ADAMHS Board Ohio City

Wed. Sept 3 - Nov 5, 6:30-8:30 p.m.
Olmsted Community Church Olmsted Falls

These programs are free and open to the public but registration is necessary. To register, call the NAMI Office at 216-875-7776 or email bfela@namicleveland.org

"Remind yourself it’s okay not to be perfect"
NAMI Greater Cleveland Out on the Town

Recent film and theatre events have given NAMI GC the opportunity to get the word out to a different type of audience about the services and supports we provide for individuals with mental illness and their families.

For the third consecutive year, we were a Community Partner at the 38th Annual Cleveland International Film Festival for the film; *A Fragile Trust, Plagiarism, Power and Jayson Blair at the New York Times*. In 2003, Jayson Blair, a promising young writer with the New York Times was accused of plagiarizing a story about a missing soldier in Iraq. As it turns out, this was among many acts of journalistic deceit. *A Fragile Trust* chronicles Jayson Blair’s unraveling and the possible consequences of untreated mental illness and substance abuse. Before the two screenings held at Tower City Cinema, NAMI GC had the opportunity to give an one minute speech to share our mission of providing support, education, and advocacy for individuals with mental illness and their families, with the audience.

In April, the M.I.N.D. Movement, an initiative of NAMI Ohio, held movie screenings and discussion events on 10 college campuses throughout Ohio, to fight the discrimination of mental illness and raise awareness of serious brain disorders.

Locally, students at John Carroll University and Cleveland State University were treated to a free screening of the Academy Award winning film, *Silver Linings Playbook*, followed by an interactive discussion about the perceptions and realities of mental illness. The effort responds to the problem of negative and discriminatory beliefs surrounding individuals with mental illness. Our goal is to educate society about the reality of mental illness and the courageous battles faced by individuals with mental illness and their families every day.

**My Heroes**

I am proud
Passionately proud
Of all my peers:
Those suffering
From brain diseases
And suffering
From the society
That rejects them
Fears them, is
Indifferent to them

I see them in pain
But fighting for life
All the life possible
Under the chains
Of disease and stigma
They are the bravest
Warriors I ever hope to know
And every single one of them
Is, in my mind
A Medal of Honor
Winner

**M.I.N.D.**

(Mental Illness Doesn't Discriminate, People Do.)

Thomas McCabe
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- CareSource Foundation
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- United Black Fund
- Woodruff Foundation
* New funders for NAMI GC

Thank you to all of our sponsors!

COMMUNITY EDUCATION PROGRAM

On March 11, 2014, NAMI Greater Cleveland hosted Choices In Recovery, Relapse Awareness and Management Strategies. Designed to provide educational support on mental health recovery and empower people with schizophrenia, schizoaffective and bipolar disorder, this program offers tips to prepare for and minimize the possibility of relapse. Mr. Stephan may be returning in the Fall to share more information on this important topic. This program was made possible through funding from Woodruff Foundation, Talty Charitable Trust, and Elizabeth Ring Mather and William Gwinn Mather Fund.

VOLUNTEER SPOTLIGHT

Blanco Williams and Steve Kyman, NAMI GC Interns, have been working with us since September 2013. They will be graduating from Cleveland State University this spring, Blanco with a BA in Social Work, Steve with a Masters of Social Work. Blanco has been working on the phones, in the Thursday Connections group with Becky, and in the community at Terrace Towers and the Life Exchange Center with Marsha Blanks. Blanco enjoys listening to soul music. Steve has also worked in the Connections group, as a liaison to the NAMI Ohio M.I.N.D. (Mental Illness No Discrimination) Movement, and the Ohio My Care Project. Steve has been involved in several community outreach projects through the Multicultural Outreach department. He is a big sports fan and enjoys watching all of the local teams and keeping up with politics and technology trends. NAMI GC Executive Director, Michael Baskin speaks for the rest of the staff when he says, “Steven and Blanco have contributed enormously to participants in NAMI GC programs.”
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STAFF
Michael Baskin, Executive Director,
mmbaskin@namicleveland.org

Marsha Blanks, Program Director,
M3BLANKS@aol.com

Lisa Dellaflora,
Development/Special Events Coordinator,
lidellaflora@namicleveland.org

Becky Fela, Peer Support Specialist,
bfela@namicleveland.org

Kari Kepic, Information and Referral Specialist,
kkepic@namicleveland.org

Liz Krull, Office Administrator,
lkrull@namicleveland.org

Jane Arnoff-Logsdon, Volunteer Coordinator,
jarnoff-logsdon@namicleveland.org

Terri Miller, Consumer and Family Program Coordinator,
tmiller@namicleveland.org

Ellen Riehm, Community Education Coordinator,
eriehm@namicleveland.org